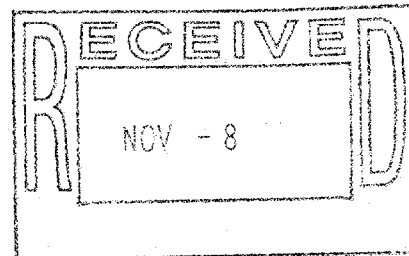


Partners in Health and Beauty

17:23

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, SW
Washington, D.C. 20204



November 6, 2000

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of product Liga-Tend Tablets (dietary ingredients: vitamin C, vitamin B-6, vitamin B-12, calcium, zinc, manganese, L-proline, mucopolysaccharide, bromelain, glycine & papain). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

A comprehensive formula for ligaments and tendons.

Sincerely,

Morag Thorsen
Regulatory Affairs Manager B.A., M.A.L.S.